

Warren SENTINEL



NSI in
photos

Check out
Civilian
Pavilion

Meet your combat crew
Guardian Challenge team

Commentary

A life's dream, in words

Master Sgt. Jeff Bohn
Public Affairs

I've wanted to save people since I was 9. Watching firefighter-paramedic Johnny Gage in the television show "Emergency" fueled my dreams -- intravenous fluids, intubation tubes, the defibrillation paddles.

From the time I was a certified nurse's aide in high school and 12 years as an Air Force firefighter-emergency medical technician, my purpose in life was to restore life and minimize suffering.

I retrained into public affairs in 1998. It was quite an anti-climactic adjustment for a former adrenaline junky to figure out how writing stories saves lives. I didn't foresee the opportunity until Jan. 7.

My lifesaving adventure started with a heads-up phone call to deploy to Operation Unified Assistance for one of the world's largest natural disasters in recorded history. With less than 36 hours notice I was traveling to Thailand's tsunami relief efforts.

Thailand is beautiful in January. Flowers and trees are in bloom, the temperature is a relaxed 90 degrees and the off-shore breeze falls comfortably short of our Rocky Mountain gusts. The drive from Bangkok to our operating base was touristic. The sight of the beach at our hotel was postcard-perfect and showed no sign of the devastation headlining the 24-hour news channels. The thought of saving lives was as remote as the snow I left in Wyoming.

As we neared the Thai Navy base of Uta-phoa, the first glimmer of a major operation in the works came into view. Cargo aircraft from bases in Washington and Japan filled the ramp. Closer examination revealed the hub for the American bare-base operation buzzing with activity from within a handful of Vietnam-era concrete structures. Led pre-

dominately by Marines, Airmen were in the minority and somewhat relegated to a single Air Force operations building with minimal infrastructure.

From administration to weather, a hundred Airmen bustled in a makeshift headquarters -- my new place of employment. Computer and phone wires were strewn haphazardly for those lucky few to have connectivity. In the rows of cheap tables surrounded by scores of even cheaper chairs, sat one-strippers beside full-bird colonels all working toward one unspoken goal: to save lives.

The two weeks I spent working public affairs issues were a sobering numbness. We were racing against time, logistics and nature to help more than 5 million afflicted people not already counted amongst the 150-thousand-plus who had already perished. Whether we consciously realized it or not, we were all saving lives.

How does a public affairs person save lives?

By telling the humanitarian story. My words and the words of the reporters I facilitate, globally touch a multi-million person audience. By using the written word, voice or imagery, we resound the need for help. Millions of dollars have been donated by people touched by the tragedy. Governments around the world were encouraged to participate by their observations or through their constituent's influence. Thousands of people were compelled to help in their own way through the media.

In the end, survivors who hung on to a tree limb in the Indian Ocean were saved because that one dollar, one government or

Dream, page 3



Hoops Shots

It's funny how timing works when it comes to this column. To meet the publisher's deadline for printing, I have to draft my remarks days before you read this section. To make matters worse, I went TDY for two days this week to brief our 0-0-1-3 program to the Air Force's senior leadership. So basically that means I have to draft my article even earlier than normal. Bottom line: we will probably all discover at the same time how we did during the Nuclear Surety Inspection but I have to write something many days before the out brief.

What I do know is this: I am very proud of the Mighty Ninety's performance in this, our toughest inspection. I've heard so many stories from the inspectors of our people going above and beyond -- flawless programs, best practices, professional teams and performers and more. We'll be sure to highlight all of these after their report is presented to me.

This kind of performance is no surprise to me -- I see your professionalism and hustle every day. But it does confirm a universal truth -- character and performance do not develop overnight. We can't be great today because of a surge -- we can only be great if we've made a commitment and developed habits all along. We've called this WIRED -- We're Inspection Ready Every Day -- but (how fitting for President's Day) I think President Ronald Reagan best expressed this concept when he said:

"For you see, the character that takes command in moments of crucial choices has

already been determined.

It has been determined by a thousand other choices made earlier in seemingly unimportant moments. It has been determined by all the little choices of years past -- by all those times when the voice of conscience was at war with the voice of temptation -- whispering the lie that it really doesn't matter. It has been determined by all the day-to-day decisions made when life seemed easy and crises seemed far away -- the decisions that, piece by piece, bit by bit, developed habits of discipline or of laziness, habits of self-sacrifice or of self-indulgence, habits of duty and honor and integrity -- or dishonor and shame.

Because when life does get tough, and the crisis is undeniably at hand -- when we must, in an instant look inward for strength of character to see us through -- we will find nothing inside ourselves that we have not already put there."

So, no matter what happens during the outbrief, I'm proud of this wing and there will be much to celebrate. Without doubt, I predict the best results will be from those people who live the core values, practice WIRED and have taken President Reagan's philosophy to heart all their lives. And I also know this: win, lose or draw nothing good will come from irresponsible behavior after coming off six-ring alert and headed into a three-day weekend. Don't let poor decisions define who you are. Keep your wingman close (life is a no-lone zone) and remember 0-0-1-3.

-- Col. Hoops

— Warren — SENTINEL

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On the cover...



Photo by Airman 1st Class Taylor Marr

Warren's Security Forces
Airmen perform during the Nuclear Surety Inspection.

Commentary

THE CIVILIAN PAVILION

Matt Cox
Visual Information

The construction of Freedom Elementary is about more than just building a new school on base; it's about laying a solid foundation today that will support Warren families tomorrow.

This foundation began with a pledge to Warren families from the Air Force and the public school system to invest in the future, and it ends with the pride Freedom Elementary will instill in the entire community for years to come.

The collaboration between the military and school district to build a \$7million, 42,000-square-foot modern educational facility here shows an increased level of commitment by both to better serve Warren families.

It all began taking shape about two years ago when the Air Force negotiated a long-term lease with Laramie County

School District No. 1 for the 20-acre parcel Freedom Elementary is now being built on. Located just off Happy Jack Road near the Carlin Heights subdivision, the school will open its doors to students this fall.

Freedom's convenient location should ease the burden of carting kids to and from school for military parents. The morning routine of arguing over brushing teeth and wearing matching socks may linger, but at least the drive will be shorter.

Warren spouse Christine Korte, wife of Maj. Robert Korte, 153 CACS Commander, reiterated that point: "Having an elementary school here on base will be great," she said. "Getting my kids to and from school will be easier because it will be closer to home."

Mrs. Korte has three

children, two of which will attend Freedom Elementary next year.

The new school will replace two of the district's aging facilities: 63-year-old Corlett and 93-year-old Churchill elementary schools will be phased out after this year. It will accommodate 332 base students in grades kindergarten through sixth.

Students living at Warren and currently going to Churchill-Corlett, Deming-Miller and Pioneer Park elementary schools will transfer to Freedom next year.

Maybe the biggest advantage of having a public school at Warren is it gives base kids a place to call their own.

Freedom Elementary will provide these kids — your kids — a "neighborhood" school where they can establish ties to other kids in a similar situation: being children of military parents.

Mrs. Korte said her two children who will transfer to Freedom next year are a little timid

about the looming change, but feel better knowing most of the kids in their class now will join them at the new school.

The students will still get the benefits of the public school atmosphere they've had off base, such as meeting new friends, but they will also gain a new pride in "their school." And so they should. It will be, of course, the "newest, coolest" school in town.

But making kids happy is only half the battle, it's keeping parents pleased that is tricky.

And pleased they'll be. With having an elementary school so close, parents can rest easier knowing their little ones are always nearby.

That convenience alone is worth its weight in gold for Warren families with school-aged children.

Blending modern design with historic architecture is a challenge not lost on the Air Force

and LCSD1; it seems keeping in tradition with Warren's 100-year history is very important to both.

District officials have said that the new school will echo architectural traits of the historic buildings located on base, complete with red bricks and white trim.

Because of its size and price tag district planners have an opportunity to build a modern school with the latest bells and whistles not yet seen here. And it looks like they are.

Since this is the first major construction project for LCSD1 in nearly 20 years, district brass can take everything gleaned from educational facility design and teaching practices over the past two decades and apply it to Freedom Elementary.

It looks as though this school will be the jewel of Cheyenne's public school system, and having it right on base is sure to make life easier for Warren families.

Dream, from page 2

one person chipped in to help. I influenced that contribution. That's how my job saved lives.

I had a communications troop who seemed a little down when I talked with her. She seemed pleased when I pitched an idea to do a mission story about her involvement so I could tell her story to her hometown media. She didn't realize the importance of her job. Without connectivity, a working laptop, and a phone line back to the states, my job was severely hamstrung. Without good communication support I can't get the Air Force story out -- and lives can't be saved.

I could tell a story for each of the 876 Airmen who were working to save lives, regardless of their career field. Thankfully, I had help.

I never made it downrange

to the affected areas. I talked with many who were there. Seasoned media reporters, veteran military members, and relative newcomers told similar tales of destruction, suffering and morbidity. Few could describe it in words, the pictures were too two dimensional to display the horrific nature.

A staff sergeant's summary etched into my memory

forever when he said he was in an afflicted area for about 24 hours -- he couldn't eat. For his entire time there, the air was thick with death from the decaying odor of thousands. The aftermath was so abominable the relief workers had no appetite. Yet he was making a difference, as was every person in support of his boots on the ground.

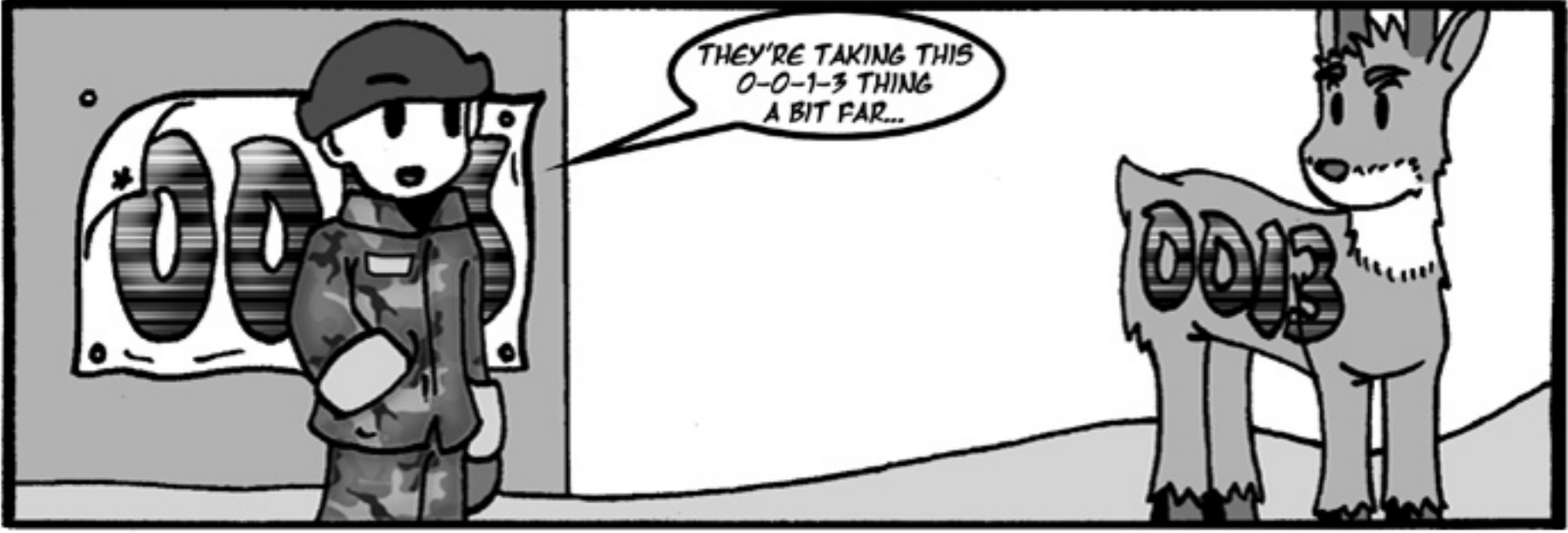
Nearing the twilight of my

career, I sometimes reflect on my contributions to the Air Force and wonder if I earned all of what the taxpayers have paid me, or if the sacrifices I've made in nearly 20 years have been worth the challenges and tribulations. I realized I contributed to saving lives by the thousands. It was worth it.

My job in itself saves lives. Yours does, too.

PEACE KEEPERS

By A1C Nathaniel Turner, 90MMXS and A1C Richard Oliver, 90MMXS



Overcoming life skills stigma

Capt. Ebon Alley
Family Advocacy

Being a counselor on a Personnel Reliability Program base is kind of like being the town skunk catcher. While you serve the community, not many people are comfortable speaking with you.

As far as I can tell, this all comes down to the belief that if you go to life skills, your career is finished. This in turn seems to be a subset of a greater cultural belief in the Air Force, that one needs to be “outstanding” in order to be successful.

As I eat a ham and cheese sandwich at my computer during my “lunch break,” I’m reminded of a time at my previous base, which I noted on my PHA that I wasn’t eating three to four fruits and veggies a day. I was automatically

targeted as “at risk,” questioned and sent to a class. Note to self, in future: check that I’m a vegetarian.

In the past, it was common belief that if you went to life skills, your career was finished. However, through increased education, awareness and overall social acceptance, research indicates this trend is changing. Currently, only 3 percent of self-referrals to life skills have a career impact. Why then are people still afraid to go to life skills?

In my opinion, things are not so clear on a PRP base, and part of the reason stems from the delicate nature of our mission.

When troops come to life skills, any information determined to impact one’s ability to perform their duties is passed to their commander as potentially

disqualifying information. Does this affect one’s career? The easy answer is it depends on the issue, however, even I have heard stories about the guy who got shot down for the job because of the one time he went to the clinic.

Considering our mission, this could be a potentially dangerous situation. Logic tells us if people believe their Air Force career will be impacted or their peers will harass them for coming off PRP, they will likely avoid help.

This mind set has resulted in people deferring treatment until small manageable issues developed into divorce, complete breakdowns or even suicide.

The stigma with mental health in the military is an age-old cultural issue that will not change in the near future. However, here are

my recommendations:

1) Facts need to be provided about what consequences may result by seeking help. When the facts are provided, myths are dispelled and troops are able to make a more educated decision regarding their care.

2) Harmful myths and fraternal harassment need to be confronted at all levels. Life skills is like a business in that bad publicity spreads like wildfire. In addition, malingering needs to be addressed, however we must be cautious not to create an environment that turns away those who really need help.

3) Communication and trust need to exist between leadership and healthcare providers. It’s important for us to remember that we all serve the same mission. The task of healthcare providers is to keep people on

the job, not take them off.

4) Incentives should be offered to those who participate in prevention services like anger management, stress management, couple’s communication, and new parent services. Prevention services are cost effective, increase morale, productivity and overall well-being.

The Air Force theme is “No one comes close,” however, before we can work to the best of our ability, there are cultural changes that must take place.

In addition, it’s important to remember life is tough, and that is “normal,” however, being perfect all of the time is not. If you, or “someone you know,” have some questions or concerns, call me at 773-2998. I’ll give you the straight and honest truth.

That’s the best place to start.

6 by 6



Photo by Airman 1st Class Lauren Sixbey

WARREN'S HEROES TO THE RESCUE

Warren emergency response teams respond to an on base accident Feb. 11.

WSC, First Command offer scholarships

Courtesy article

The Warren Spouses' Club supports the fellowship of military spouses in the local community. By operating the Warren Thrift Shop and sponsoring other fundraising activities, WSC raises money for the WSC Welfare Fund, which provides scholarships to outstanding military dependents. The number and denominations of the WSC Scholarships vary each year, depending on the profits raised.

Additionally through the

program, First Command awards two \$1,000 scholarships. To be eligible, you must be a:

- * military dependent high school senior whose sponsor is stationed at Warren,

- * military dependent college student attending an accredited institution whose sponsor is stationed at Warren,

- * or a military spouse whose spouse is stationed at Warren. (Military spouse/dependent includes spouses/dependents of: officers or enlisted, active duty, retired or deceased,

including full-time National Guard, or Active Guard Reserve.)

Parents and students may pick up applications at family services located in the Family Support Center or their local education and counseling offices.

Applications may also be acquired through the WSC Scholarships chairperson, Elizabeth Harper.

They must be returned to the WSC Scholarship Committee by March 25. For more information, contact Elizabeth Harper at 433-0105.

Space Foundation seeks volunteers for Space Symposium

Courtesy article

Colorado Springs, Colo. — The Space Foundation is seeking volunteers to fill a variety of roles supporting the 21st National Space Symposium scheduled, to be held April 4 to 7, at the Broadmoor in Colorado Springs.

More than 300 military related personnel support the National Space Symposium annually in a volunteer capacity. Symposium volunteers gain space industry knowledge, as well as access to the symposium conference sessions and the 34,000-square-foot exhibit center.

Volunteers can assist in registration, security, transportation, and support for speakers, exhibitors and media.

Military members and Department of Defense civilians and their families are encouraged to apply. Volunteers must be at least 18 years old.

An online volunteer application and more in-

formation can be found at www.spacesymposium.org/national05. Interested organizations or individuals may also call Jennifer Picard at the Space Foundation at (719) 576-000 or toll free at (800) 691-4000.

More than 6,500 registrants, guests, speakers, exhibitors and media are expected to attend the 21st national Space Symposium. Hosted by the Space Foundation, the symposium is the premier annual space industry conference anywhere in the world and is attended by space industry leaders, military and government officials and general space enthusiasts.

Founded in 1983 and headquartered in Colorado Springs, Colo., the Space Foundation is a national nonprofit organization that vigorously advances civil, commercial, and national security space endeavors and educational excellence.

For more information about the Space Foundation, visit www.spacefoundation.org.

CONGRATULATIONS TO THE AIR FORCE SPACE COMMAND 2004 SAFETY AWARD WINNERS

**CREW SAFETY AWARD OF DISTINCTION, CATEGORY I
90TH SPACE WING, AIR FORCE RESCUE 724A,
AUG. 6, 2004**

**CAPT. RODERIC BUTZ,
37TH HELICOPTER FLIGHT**

**CAPT. JUSTIN TINGEY,
90TH MEDICAL OPERATIONS SQUADRON**

**1ST LT. ANDREW PITZEN,
37TH HELICOPTER FLIGHT**

**STAFF SGT. KEITH BAY,
90TH MEDICAL OPERATIONS SQUADRON**

**AIRMAN 1ST CLASS LUIS MERINO,
37TH HELICOPTER FLIGHT**

Briefs

TSA security directive

Family members may be given a pass to accompany a military passenger to escort the military passenger to the gate, or to meet a military passenger's inbound arrival at the gate.

The Transportation Security Administration has put out a security directive pertaining to Military Passengers. According to Security Directive 1544-01-10w, Access To Sterile Concourse For Non-Traveling Individuals.

The TSA has clarified: the family member can go to the airline that the military member is flying and receive a pass to go to the gate. Family will be required to have a pass and a photo identification to get pass the security checkpoint.

This program is designed to be a benefit to the military member who is on deployment to and from Afghanistan or Iraq. It will be a better welcome home when the servicemember gets off the airplane and has family at the gate, or being able to stay with the family longer before having to leave.

Always check for a USO at the airport for a comfortable place to wait before a flight.

Red Dawg Reunion

The 12th Missile Squadron will be hosting the 2005 Red Dawg Reunion March 2 to 5. All former members of the 12 MS are invited back to Great Falls and Malmstrom Air Force Base, Mont., for the event.

Activities will include an ice-breaker, base and missile complex tours, and the reunion dinner featuring guest speaker Brig. Gen. Ronald J. Haeckel, 27th commander of the 12th Missile Squadron.

For more information and registration, contact 1st Lt Todd Young at (406) 761-2784 or via e-mail, todd.young@malmstrom.af.mil. Up-to-date information can be found at the reunion Web site, www.reddawg.s4u.org.

Mobile home tax exemption

Active duty military personnel owning and living in transportable/mobile homes who do not claim Wyoming as their state of residency, must file an affidavit of non-residency with the Laramie County Assessor's office no later than March 1, in order to be tax exempt. Transportable/mobile homes used as rental property do not qualify for tax-exempt status.

For additional information, call 633-4307.

National Children's Dental Health Month

TRDP promotes good oral health practices

Nancy White

*Delta Dental of California
Federal Services*

February marks the annual celebration of National Children's Dental Health Month. In support of this month-long event, the TRICARE Retiree Dental Program joins other organizations in promoting awareness about the importance of protecting children's teeth and maintaining good oral health.

The American Dental Association, recognized as a leading authority on oral health, recommends parents provide children with a balanced diet and limit their snacks as well as ensure they brush their teeth daily and have regular dental checkups. Other recommended oral hygiene practices include beginning to take care of a child's teeth as soon as they appear, applying dental sealants and developing good dental habits at home. As children grow older, it is also recommended they wear a mouth guard during sports activities.

Parents of children who are enrolled in the TRDP are encour-

aged to call and schedule an appointment today for their child to visit the family dentist for a checkup. The online dentist directory, available on the TRDP Web site at www.trdp.org, can help enrollees find a list of TRDP participating network dentists in their area.

Besides coverage for basic diagnostic and preventive services such as oral examinations and x-rays, routine cleanings and fluoride treatments, other important benefits available to children enrolled in the TRDP include sealants, athletic mouth guards, oral surgery and orthodontics.

In addition to daily brushing and regular dental checkups, dental sealants - thin plastic coatings that are applied by the dentist to the chewing surface of the teeth - can help protect a child's newly erupted permanent teeth from decay. Application of a plastic sealant on children's teeth is most often an easy, painless treatment that is long lasting and very effective in reducing cavities. Coverage for sealants is available under the TRDP at 80 percent of the program allowed amount for children under age 14.

According to the American Association of Oral and Maxillofacial Surgeons, bicycling results in 100,000 facial injuries annually—mostly in children under age 14. The TRDP recognizes the importance of wearing protective equipment while participating in all types of physi-

cal sports activities and offers coverage for athletic mouth guards at 60 percent of the program's allowed amount.

A common concern in maintaining the overall dental health of older children is the removal of wisdom teeth. Wisdom teeth are known to cause more problems than any other tooth in the mouth, whether they have partially erupted through the gum tissue or remain underneath the gum ("impacted"). Most dentists recommend that impacted wisdom teeth be removed between the ages of 14 and 22, regardless of whether or not they are causing problems. When performed by a participating network dentist, oral surgery procedures such as the removal of wisdom teeth are covered by the TRDP at 60 percent of the program's allowed amount.

Wisdom teeth that have not yet been removed can be extracted during the normal course of an orthodontic treatment plan under the TRDP.

Orthodontic services are covered by the TRDP after a waiting period of 12 months, at 50 percent of the program's allowed amount and with a separate lifetime maximum of \$1,200.

Details about applicable age and time limitations, waiting periods and coverage percentages for all the TRDP benefits for children are available on their Web site, at www.trdp.org.

90MDG announces 'yellow card' program

Capt. Robert Jenness

90th Medical Group

The 90th Medical Group recently introduced a new "Yellow Card" program to ensure other health insurance information has been gathered from patients.

All patients will be asked to complete a DD Form 2569, *Third Party Collection Program - Record of Other Health Insurance*. Once the form has been completed, patients will be given a yellow card to keep in their wallet.

The yellow card is designed as a time saving device for both the patient and the 90 MDG. It eliminates the inconvenience of having patients fill out a new insurance form each visit. Once given this card, all the patient needs to do is present it at the time of check-in. The card is good for one year.

When the patient's health in-

surance is built, the clinic automatically assumes responsibility for paying any deductible associated with the insurance claim. As a result, the next time a patient uses his insurance in the civilian community, a portion (if not all) of his deductible has already been met.

All funds collected by the 90 MDG go right back into providing care for our patients here. The money collected is used to purchase medical equipment, supplies, furniture, renovations and continuing medical education.

The program is a big part of the Third Party Collections program, which was developed by the Department of Defense in response to public law 99-272. Under the DoD TPC program directives, all military treatment facilities must collect health insurance information on an annual basis from patients receiving health care services, and bill the insurance company accordingly.

If the full cost of care is not collected from the insurance company, the patient will not be billed for the difference. Whatever the insurance company pays is considered "payment in full." The 90 MDG is prohibited by law, from billing for any co-pays, deductibles or care that insurance does not cover.

This program will not affect patients' health insurance. Health insurance premiums, unlike car insurance premiums, do not go up as a result of use. The cost of health insurance premiums are determined by a number of other factors such as age, sex, health, geographical area, etc.

Yellow cards are issued within most of the clinical areas of the treatment facility and also at the OHI customer service desk, located in the pharmacy main lobby.

For more information, contact the TPC program coordinator at 773-4562.



Meet Warren's combat crew GC team

Capt. Mike Pettibone
90th Operations Support
Squadron

Move 'em out! In just three months, the Warren Wranglers will travel to Vandenberg Air Force Base to compete in the 2005 Space and Missile Competition, Guardian Challenge.

After the most challenging and competitive selection process seen in years, the competitors for the missile operations portion of the competition have been selected. In the coming months, they will hone their skills and dedicate themselves to help the team bring home the Blanchard Trophy.

At the end of October, it all began with a three round team selection competition. More than 100 mis-sileers from both the Peacekeeper and Minuteman III weapon systems set out with aspirations to represent the wing, and now, four remain. These select crewmembers are ready to get to work under the guidance of the training team consisting of the two alternates, former competitors, and Emergency War Order instructors.

This year's operations team will consist of two Minuteman III missile combat crews. "Team Red" will be led by Capt. Todd Benson, two-time alternate, and senior instructor for the 90th Operations Group. He's had the competition bug since 2001, and his depth of experience will help Warren bring it home. Benson's crew partner, 1st Lt. Eric Ward, has been hitting the books in the 320th Missile Squadron, and he is ready to "show 'em how it's done!"



Photo by Liz Saucier

The Missile Operations Combat Crew Guardian Challenge team will compete in this year's event held at Vandenberg Air Force Base.

First Lt. Mike Woods will command "Team Black." His extensive background as an instructor and his stunning performance during the selection rounds will give Minot and Malmstrom something to worry about. A true natural, Woods is looking forward to "showing Air Force Space Command what Warren can do." First Lt. Brian Brink will compete alongside Woods as his deputy crew commander. This year was Brink's first shot at Guardian Challenge selection process, and he didn't let that slow him down one bit. Lieutenant Brink is looking forward to "representing the 319th."

Training the competitors is the re-

sponsibility of 1st Lt. Frank McDermott and 2nd Lt. Clint Law—they are the alternate crew for GC 2005. Both will work long hours providing challenging scenarios and daily simulation scripts for this year's missile operations competitors. With the assistance of weapon system experts around the ops group, they will develop the team's weapon system and Emergency War Order proficiency through challenging scenarios the crews are likely to encounter at Vandenberg.

The missile operations competition consists of a 90-minute intense evaluation in the missile procedures trainer administered

by 20th Air Force personnel. The evaluation can contain any task the missile combat crew is responsible for, which include normal weapon system operations, weapon system malfunctions—both in the launch control center and at the missiles—security violations, emergency situations—fighting fires—and emergency action procedures where the crews simulate launching their missiles.

The members of the missile operations teams are prepared to put in the time to become "the best of the best." They express great gratitude and thanks to the wing for its continued support.

To meet the members of Warren's Guardian Challenge teams, stay tuned to future Sentinel issues.

IT'S TAX TIME AGAIN AND THE TAX CLINIC IS OPEN FOR BUSINESS!

When: Now through April 15, Mondays-Fridays, 8:00 a.m. to 12:00 p.m. and 1 p.m. to 4:00 p.m. (By appointment only)

Where: Basement of Building 232 (Pass and ID building), look for the signs once you enter the building

Who: Active duty military and their dependents, reservists on Title 10 orders and their dependents, retirees and their dependents

Cost: There is no charge for this service

Contact: 773-5TAX (5829)

WHAT'S THAT LICENSE PLATE SAY?

Master Sgt. Lance Moon, 90th Logistics Readiness Squadron vehicle maintenance foreman, and Staff Sgt. James Hurst, 90th LRS vehicle and vehicular maintenance journeyman, bring a little bit of Warren to Iraq. Sergeants Moon and Hurst are deployed as part of the 506th Expeditionary Logistics Readiness Squadron.



Courtesy photo

6 by 4

321 and 400 MS named base Wallyball champs

Tech. Sgt. Steve Goetsch
Public Affairs

When you hear the word "Wallyball" it conjures up visions of young children playing in the schoolyard.

That was the hardly the case Jan. 25 at Freedom Hall as the team consisting of members from the 321st and 400th Missile Squadrons defeated the 90th Operation Support Squadron in a hard-fought three-set match.

"It was tough competition for the win. We beat 90th OSS for the championship, but we played all three games to win the match," said 1st Lt. Tisa Ellsworth, 321 MS, who coached the winning squad.

"The skill level of our players and their scrappiness were the biggest factors in winning," she added.

Very few people know what wallyball is, let alone play it. According to the Association of



Courtesy photo

The wallyball champions (left to right): Staff Sgt. Herbert Thomas, 1st Lt. Tisa Ellsworth (coach), Capt. Jeff Jenkins, 1st Lt. Jessica Raper, Capt. Lee Taylor (assistant coach).

United Wallyball Players Web site, wallyball was invented in 1979 by Joe Garcia, in Calabasas, Calif.

He was an avid racquetball player, and noticed the large number of empty racquetball courts following the collapse

of the 70's racquetball craze. He saw an opportunity to take advantage of the free space and capitalized on it. After a few refinements, the sport's popularity really took off. In the first year, there were 15,000 people playing. Today, there are an estimated 1 million people playing around the world.

Wallyball is a very opportunistic sport. Because it is played indoors on a racquetball court with two to four people on a team, the weather and shortage of players are not factors as with beach and traditional volleyball.

The sport can be a fun, exciting way to stay in shape as it provides an excellent workout. "Wallyball can be a tough sport. With the right competition, it can get pretty fast paced," said Ellsworth.

Warren members interested in playing wallyball at Freedom Hall can reserve the court at 773-6172.

Weekly youth bowling high scores



Photo by Jack Colvin

Little Pee Wee's Ages 3-5

Nicholas Jenkins	93 Game	+15
Ryan Komm	79 Game	+24

Pee Wee's Ages 4-6

Dylan Pierson	106	+48
Jacquelyn Mead	91	+29

Bantam-Preps Ages 7-11

Matthew Gray	533 high series handicap
Amber Hess	505 high series handicap
Bryan Devore	200 high game handicap
Jennifer Mitchell	210 high game handicap

Junior-Majors

Aaron Koskelowski	739 high series handicap
Hannah Cooper	648 high series handicap
Justin Auske	253 high game handicap
Brittaney Thomas	242 high game handicap

To get your child involved in youth bowling, call Agnes Colvin at 773-5172.

VI civilian writes for Warren Sentinel

Bases's graphic artist focuses on military issues from civilian perspective

"The Civilian Pavilion" made its debut in the Sentinel this week. Twenty-seven year old author Matt Cox, 90th Communications Squadron Visual Information, talked with Airman 1st Class Lauren Sixbey on why he decided to write the column.

Tell me about your new column "The Civilian Pavilion."

I thought it would be an interesting way to get out on base and meet people. I want to write something from a civilian perspective and to celebrate civilians. The dynamic between military and civilians is interesting to me.

Where did you come up with the idea?

I've submitted a few articles for the paper and thought it would be an enterprising way to have a weekly column that touches on the lesser-known side of the Warren community.

What topics are you planning on covering?

I'm starting by writing a piece about Freedom Elementary School being built here on base. I'm touching on the commitment exhibited by Air Force leadership and the school district to ensure Warren families are taken care of now and in the future. After that I'll delve deeper to spotlight other

civilian happenings at Warren.

Why should people read your column?

It will be another point of view. And looking at the world through another lens is important. Hopefully it'll be interesting, informative and sometimes lighthearted.

What do you do in the visual information department?

I'm a graphic artist. Anytime base personnel need graphic support, we'll take care of it.

What do you enjoy most about it?

I like the opportunity to be creative and I love working with the extremely talented people in this office. It's amazing to see how much we do here, thanks to the hard work of our team. It's a privilege.

How long have you worked here?

Eight months.

Where did you go to school?

LCCC (Laramie County Community College) for journalism and The Colorado Institute of Art for graphic design.

Are you from Cheyenne originally?

Yes.

Have you lived anywhere

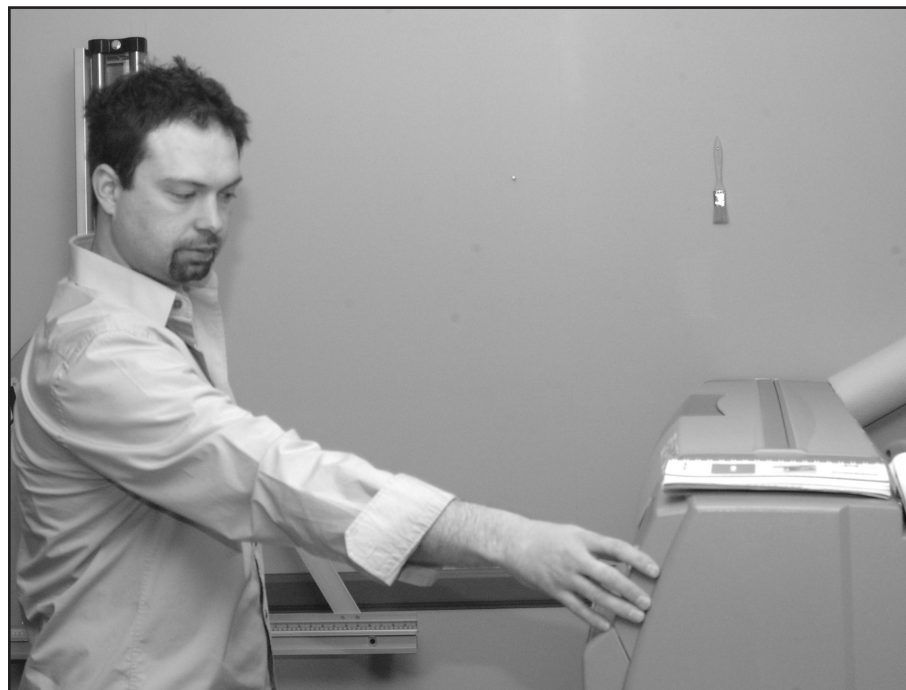


Photo by Airman 1st Class Lauren Sixbey

Check out Matt Cox's newest addition to the Sentinel, "The Civilian Pavilion" on Page 3.

else?

Yes. I lived in Phoenix, Denver and Fort Collins.

Why did you come back?

In Arizona I missed having four seasons. I also like the atmosphere of a medium sized city like Cheyenne. I wanted to try something different, but I found out I liked it here.

For someone who just got stationed here, what can you tell them about Cheyenne?

The people are really nice and it's a great location. We're in the southeast corner of Wyoming and in our own little world, but the excitement of a big city is only an hour away. It's the best of both worlds.

Where do you see yourself in five years?

I want to start a business of some sort, either in graphics or writing. I would be a great thrill and a challenge to do it independently.

Tell me about your family.

I'm an only child. I like to say my parents got it right the first time, although that's debatable. My dad's a graphic artist for the Tribune Eagle and my mom's a second grade teacher at Buffalo Ridge.

What did you do before this job?

I was a reporter and an editor in Arizona for the East Valley Independent.

When you were a kid, what did you want to be when you grew up?

I wanted to be a baseball player, like every other kid in America.

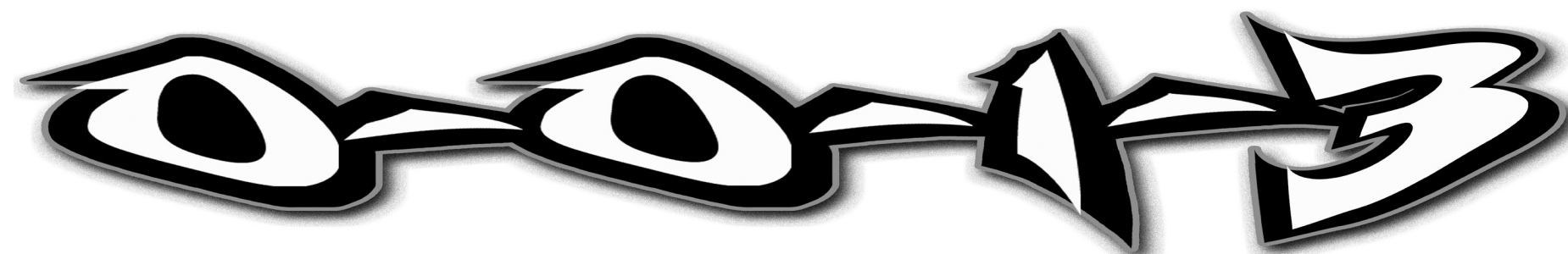
What is your life's motto?

Stay positive because no matter how bad things can get there's always another day.

What was the last movie you saw in the theater?

Spiderman 1.

This page is reserved for outstanding Warren members who wouldn't normally get the recognition they deserve.



CFD Tickets

Cheyenne Frontier Days tickets are now on sale for night shows and all rodeo performances.

For more information, call outdoor recreation at 773-2988.

President's Day bowling special

Bowl President's Day, Monday, 11 a.m. to 5 p.m. Pay \$5 an hour. Pay 50 cents for shoe rental. For more information, call Warren Lanes at 773-2210.

President's weekend rental specials

Outdoor recreation is offering all rental items for the long holiday weekend at the regular weekend price. Receive an extra day free. For more information, call ODR at 773-2988.

Softball coaches wanted

The athletic director of the 90th Services Squad-

ron is seeking applicants for the coaching positions of the men's and women's varsity softball teams.

Those interested in applying need to submit a resume no later than Feb. 25. Applicants must drop off resumes at Freedom Hall, attention Mr. Koval.

For more information, call Tech. Sgt. Trujillo at 773-2304.

Sundays are Family Days at Chadwell Dining Facility

Chadwell Dining Facility hosts Family Day every Sunday, noon to 1 p.m.

All active duty members may bring their family members with military ID cards to dine.

The family of deployed servicemembers are also welcome.

Call 773-3838 for more information.

Base library offers children's story hour

Parents can bring their children to the base library

to enjoy story hours every Friday, 11 a.m.

Today the library invites Warren to learn about President's Day during story time with an Abe Lincoln craft.

Children's story hours are sponsored in part by National Property Inspections. No federal endorsement of sponsor intended.

For more information, call 773-3416.

Ladies night out

It's Ladies Night Out when outdoor recreation takes a trip to Greeley, Colo., for the Broadway musical comedy smash hit about six good buddies whose desperate plan to get their lives back together requires them to triumph over their fears, their nerves ... and their clothes.

See "The Full Monty" at the Union Colony Civic Center March 12 at 8 p.m. The cost is \$35 and includes ticket, drinks,

hors d'oeuvres and transportation.

Call ODR at 773-2988 for more information.

Kempo classes

Warren's youth center is now offering Kempo classes. Classes are held on Tuesdays and Thursdays.

Classes for ages 4 to 7 are from 6 to 6:30 p.m.

Classes for ages 6 to 16 are held from 6:30 to 7:30 p.m.

Classes for ages 17 and up are held from 7:45 to 8:45 p.m.

Monthly fees are \$30 for one student, \$45 for two students or \$55 for three students. Pee-wee kempoclasses (ages 4 to 7) cost \$15 per student.

For more information, call the youth center at 773-2564.

Parent and child exercise area now open in Freedom Hall

The exercise room is now open so parents may

exercise while watching their children in the children's play area.

It is equipped with a treadmill, cross trainer, recumbent bike, stepper, climber, weight machines and mats.

The children's area has a TV, VCR, DVD player and children's toys. Parents are asked to sign up at the front desk and respect all rules of use.

The exercise room is open in conjunction with Freedom Hall hours.

Hours are Mondays through Fridays, 5 a.m. to 10 p.m. and Saturdays, Sundays and holidays, 9 a.m. to 5 p.m.

Sign your child up for Warren Waves swim team

The youth swim team is seeking more members ages 17 and younger. They meet Mondays to Fridays, 4:30 to 5:30 p.m. For more information, call the aquatic center at 773-3195.

6 by 6

CONGRATULATIONS TO THE GRADUATING NCOA CLASS 2005-02!

TECH. SGT. BILLY FERGUSON,
20TH AIR FORCE

TECH. SGT. DANNY CONRAD,
90TH CIVIL ENGINEER SQUADRON

TECH. SGT. JAMES KIRK,
90TH CIVIL ENGINEER SQUADRON

TECH. SGT. JASON DEVEREAUX,
90TH MEDICAL GROUP

TECH. SGT. TIMOTHY MCCULLOCH,
90TH MISSILE MAINTENANCE SQUADRON

TECH. SGT. CHRISTINE ORTT,
90TH MISSILE MAINTENANCE SQUADRON

TECH. SGT. SCOTT WERNERSBACH,
90TH MAINTENANCE OPERATIONS SQUADRON

TECH. SGT. JAMES SANDUSKY,
90TH MISSILE SECURITY FORCES SQUADRON

TECH. SGT. KENNETH RAFF,
90TH OPERATIONS GROUP

TECH. SGT. KEITH YOST,
90TH SECURITY SUPPORT SQUADRON

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NATIONAL PRAYER LUNCH

February 25, 2005

11:30 a.m.

Trail's End Club

Cost: \$5.00

this year's theme:

"The Power of a Believed-In Future"

For tickets please
contact the
F.E. Warren
Chapel staff
at 3434.

Guest Speaker
Chaplain Colonel
Richard M. Hartwell

Command Chaplain,
Air Force Space Command,
Peterson AFB, Colorado



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